



Ice Breakers

30 Second Life Story

Tell everyone in the group to find a partner. Have each person in the group identify themselves as either person A or as person B. Tell person (A or B) that they have to tell their partner their entire life story in the next 30 seconds. You time them and yell out you have 10 seconds, 5 seconds because you want them to feel rushed. Then have them switch.

Afterwards, process with them by asking the group:

Was this hard? Was this easy? What did you talk about? Also ask why do you think that we did this activity? My reason is now you know someone on campus. It can be difficult to meet people if you do not get involved or if you are not an outgoing person.

4 Corners

Supplies: paper, pen

Write the words “agree”, “disagree”, “strongly agree”, and “strongly disagree” on separate pieces of paper and post them on four different walls of the room. Then make a statement such as “our organization can change the world” and have everybody move to the part of the room that matches their opinion. Have the group discuss why they chose their response.

A Bag of Fun

Supplies: 6 pairs of old stockings, 2 blindfolds, 2 pairs of gloves, and 2 paper bags.

Ask for 2 volunteers. Ask them to remove their right shoe. Blindfold them, and have each put on a pair of gloves and give them a bag containing several pairs of old nylon stockings. Award a prize to the one who succeeds in getting all the stockings in the bag over their foot. It is a riot of fun because the gloves make it difficult to tell the top of the stockings from the foot. The other guests get the laugh of a lifetime. Just try it!

All Thumbs Relay

Supplies: Wrapped sweets, 2 paper bags and two pairs of men’s large thick gloves.

Divide the guests into two teams. The first in line of each team is given a paper bag filled with wrapped sweets and a pair of men’s thick gloves. Each guest in turn has to take the gloves out of the bag, put them on, choose a sweet, unwrap it, and put it in their mouth.

All Wrapped Up

Supplies: Obstacles set up around the room or outside, roll of plastic saran wrap

Ask everyone in the group to gather together in a tight clump, shoulder to shoulder. Take the plastic wrap and wrap it around the group together. Wrap tightly and make sure to wrap at different levels. Once they are wrapped up, they may not break the wrap. Ask them how fast they think they can make it through the obstacles set up around the room. Time them and allow them to attempt it. Next, set a faster time goal for them and ask if they think they can make it. Try this at least three times, allowing the group to work better and more cohesively. The group can be divided into two smaller groups to race each other to change up the exercise.

Alphabet Game

Supplies: paper, pens

Split the group into 3-4 equal teams. Give them a piece of paper with the alphabet on it. Tell them that they have five minutes to find things in their purses, wallets, pockets, etc. that starts with each letter. The team with the most filled letters, wins.

Animal Pairs Game

Each participant close their eyes and are whispered the name of an animal. They must find his/her pair in the group. The participants may only make the sound of the animal to find his/her pair while their eyes are closed. Use the following list as a guide: Dog, Cat, Elephant, Lion, Snake, Monkey, Bear, etc.

Balloon Blow-up

Supplies: balloons

Have everyone pair up and give each person a balloon. Each pair designates a left and a right person. The partners stand facing each other about six inches apart. When you call "left", the "left" person blows into his balloon. Give him a few seconds, then call "right", the "right" person then blows into his balloon. Do this repeatedly. The idea is to literally "blow-up" the balloon in the partner's face before he can blow up his.

Balloon Drop

Supplies: pens, balloons, and paper

Give all participants a pen, balloon, and a small piece of paper. Tell them to write down something that no one in the room knows about them. After they write it down, they put it in the balloon, blow up the balloon, tie it, and throw it in the center of the room. When everyone is finished-everyone needs to pick a balloon that they know is not theirs. Everyone will pop their balloon and try to figure out whose balloon that they had. Give everyone two guesses.

Balloons in the Air

Supplies: inflated balloons

Give everyone an inflated balloon. The balloons should be in different colors or with identifiable marks on them. Everyone tosses his balloon in the air and tries to keep it in the air as long as

possible. In the meanwhile, he must try to get everyone else's balloons to touch the floor. When a person's balloon touches the floor, he is out. The person who keeps his balloon in the air the longest, wins.

Big Sculpture

Supplies: garbage bags, blown-up balloons

Divide the group into two teams. Give each team five large garbage bags and as many blown-up balloons as possible. Have them create a huge human figure by putting the blown-up balloons in the bags and attaching the bags together within a definite time limit. The best sculpture wins.

Blanket Name Game

Supplies: blanket

Students are divided into two teams. Each team sits on the floor facing the other team. A blanket is held by two volunteers (teacher and a student) between the two groups. Each team then quietly chooses one member of their team to sit just behind the blanket and ahead of their own team. At this point the chosen individuals are sitting facing each other, but concealed by the blanket. The blanket is then dropped and the two students quickly identify his opponent. A point is scored for the team who shouts out the opposing person's name first.

Blind Map Walk

Supplies: blindfolds, sketch of course, objects for obstacle course

Divide the group into pairs and blindfold one member of each pair. Give the partner, without the blindfold, a copy of the map. The partner without the blindfold must guide the blindfolded partner through the course with only verbal directions. The partners may walk together but they may not touch each other. Once the course has been completed, switch the blindfold to the other partner and give the pair a new map to follow. HINT: This works best when you use an area that is unfamiliar to the group so they do not already know what obstacles they may encounter.

Blinded by Money

Supplies: coins, garbage can

Pair everyone up and down form a big circle. Give each pair two coins. One person in each pair tilts his head back and places a coin on each eyelid with eyes closed (no peeking). Put a big container in the centre (e.g. a garbage can). The object is for each person to dump their coins into the container, following the verbal direction of their partner. No physical guiding by the partner is allowed. If any coin dropped, the person should pick it up and start all over again. The fun comes when all the pairs go at once, crowding around the container, blinded by money, trying to hear their partner's direction.

Blow or Bust

Supplies: Balloon and large cookie to each guest.

Start the game by getting each guest to blow up a balloon and eat a biscuit at the same time. The guest who has a fully blown balloon and has eaten their cookie wins a prize. They have to take a bite – blow the balloon, take a bite, blow the balloon...etc.

Bowl Balance

Supplies: Large bowl of water

Ask participants to sit in a circle on the floor with their feet touching in the center. Have them scoot in close enough so that if they raise their feet in the air they are still touching. Ask everyone to take off their shoes and place them behind one participant in a pile. Their objective is to balance the bowl of water as a group and not let it fall or spill while, one at a time, they put their shoes back on their feet. The person with the shoes can pass the shoes around one at a time. He/she must wait until each shoe is put on until he/she passes the next one. After all the shoes are back on the participants' feet, they should try to lower the bowl, as a group, to the floor without spilling it.

Calm Down

Sometimes the problem is not warming up, but the need to calm or “come down” to reality after some intensive material is presented. Also, to get the full benefit of new material, some “introspective time” is needed. Have the learners lay their heads on their desks, lay on the floor, or get in a comfortable position. Then, have them reflect on what they have just learned. After about five minutes, say a key word or short phrase and have them reflect on it for a couple of minutes. Repeat one or two more times then gather the group into a circle and have them share what they believe is the most important points of the concept and how they can best use it at their place of work. Note: This may seem like slack time to many, but reflection is one of the most powerful learning techniques available! Use it!

Campus Life Word List Game

Give everyone a piece of paper and ask them to write down as many words as possible from the letters in the words “Campus Life”, (e.g. camp, camps, us, came, etc.) No proper names or slang words are allowed. You may use other longer words and have the people work in pairs or small groups.

Can You Follow Instructions: A Read and Do Test

Supplies: Paper containing the following

1. Read all that follows before doing anything.
2. Write your name in the upper right-hand corner of this page.
3. Circle the word “corner” in sentence two.

4. Draw five small squares in upper left hand corner of this page.
5. Put an "X" on each square.
6. Put a circle around each square.
7. Sign your name under line 5.
8. After your name, write "yes, yes, yes".
9. Put a circle around number 7.
10. Put an "X" in the lower left hand corner of this page.
11. Draw a triangle around the "X" you just made.
12. Call out your first name when you get to this point.
13. On the reverse side of this paper add 6950 and 9805.
14. Put a circle around your answer.
15. Now that you have finished reading carefully, do only number 1 and 2.

PLEASE BE QUIET AND WATCH THE OTHERS FOLLOW INSTRUCTIONS. Hand this out to everyone. Have them follow directions.

Captain Hey You

This is a fun game! One leader is needed for this game. You tell each participant that they are a life boat and you would like for them to connect with other life boats. The leader is Captain Hey-U. Captain Hey-U will yell out, "My name is Captain Hey-U and I would like to see lifeboats of 3 people and then 3 people have to link arms. Whoever is not included is out of the game. You keep calling out numbers until you are down to two people. Give prizes to the people that are left.

Chit Chat

Get people into groups of 2-5 people. Ask for each person to share any combination of these to break the ice... "What was the happiest moment of your life?" "Tell us about your first date." "What is the greatest regret of your life?" "The greatest compliment I ever received." "Let me tell you about my best earthly friend." "The hardest thing I have ever done." "Describe a typical Tuesday in your life." "My greatest disappointment." "The gift I will never forget" "The thing I most enjoy in my spare time" "What is your favorite time of day?" "What is one thing you would like your obituary to say about you?" "Share one of your strengths and one of your weaknesses." "What is your favorite spot in your home or yard?" "where would you most like to visit on a dream vacation and why." "My favorite comic strip is." "People might be surprised to find out that I..." "Using weather terminology, how would you describe your week – stormy, sunny, partly cloudy, foggy, etc."

Circle the Circle

Supplies: 2 hula hoops

The group stands in a circle and everyone holds hands. One pair lets go so that a hula hoop can be placed between them. They then rejoin through the middle of the hoop. The task is then for the hula hoop to travel around the group without anyone letting go of hands. After a group has figured this out, try timing it. Add another hula hoop traveling in the opposite direction.

Comic Strip Chaos

Supplies: large container of separated comic strips

Each participant takes a turn at picking a comic frame out of the large container. After the entire group has each chosen one, the participants begin to search for others with the same comic strip sequence. After the participants have found everyone in their group, they must arrange themselves so that the sequence of frames are in chronological order to form the comic strip correctly. Great game to break large group into smaller groups.

The Company You Keep

Make a list of categories you think might be appropriate for a getting acquainted activity (Examples: month of birthday, people who like/don't like something, favorite something, hand in which you write, color of your shoes, agreement or disagreement with any statement of opinion on a current issue). Clear some floor space so students may move around freely. Call out a category. Direct students to locate as quickly as possible all the people whom they would associate with the given category. For example, right-handers would separate from left-handers. If there are more than two choices (birthday month, for example) you will have more than two groups. When students have formed the clusters, ask them to shake hands with "the company they keep." Invite all to observe approximately how many people there are in different groups. Proceed immediately to the next category. Keep students moving. Reconvene the class and discuss the diversity of students revealed by the exercise.

Direct Me

Each group has an "it". IT is blindfolded, sitting in the middle of the group. For each group, the facilitator places a color-coded item in the room. The group members may not touch IT, but can tell him/her where to go, turn, step, reach, etc, IT cannot speak. The group that successfully directs IT to the goal first wins.

Do This and Add Something

Get everyone in a circle. One person starts off by performing an action (e.g. scratching his head). The person on his right must then repeat it and add another action. The game goes on with each having to repeat all the previous actions in order, then adding one. If a player misses an action or gets fouled up, he is out. You can go as many rounds as you want.

Dotty Drawing

Supplies: paper, pens

On the back of the Papers, ask each guest to draw six large dots in any position. Collect the papers, shuffle them and hand them out. Be sure no one gets their own. Then ask guests to make a drawing, using the dots as the main framework. The Prize goes to the guest with the most original drawing. Note: They may not add any extra dots.

The Exchange

Supplies: paper, pens

This game has a surprise element. The guests are asked to be “at the ready” with pencils and paper. They are told they are to write down a list of capital cities of each state or anything similar. In a time limit of three minutes. When they are poised and ready they are told to put the pencil in the other hand. Right-handers become left-handers, and vice versa. A prize is given to the guest with the most correct and most legible list. Lots of amusement is assured for all. After the exercise, discuss the importance of being able to overcome adversity.

Farmyard

Supplies: paper, pens

The demonstrator whispers to each guest the name of an animal. At a given signal they are to imitate the sound of that animal, whether it be a cow, pig, chicken, cock, donkey, horse, etc. When they sound like a riotous farmyard, they are told to stop. The guests are to write down the names of all the animals they heard, the one with the longest list wins a prize.

Favorite Songs

Supplies: CDs of music

The object of Favorite Songs is to collect all of the songs that your group holds dear to them, for one reason or another, or that best represents them or the organization. For a surprise, this should be done with no explanation as to why. After all the music has been collected, put it all together on a CD. Play the music for the group and have them guess which music belongs to which group member. Then have the group member explain why they chose that particular piece of music. As an added bonus, you may choose to have copies of the original CD made to give to your group after the fun is over. They make great gifts.

Find Someone

Supplies: index cards

Each person writes on a blank index card one to three statements, such as favorite color interest, hobby, or vacations. Pass out cards so everyone gets someone else’s card. Have that person find the person with their card and introduce themselves.

Follow your Suit

Supplies: chairs, deck of cards

Sitting on chairs in a circle, everyone is assigned a suit (hearts, diamonds, clubs, or spades). Cards are picked from a deck. If your suit is drawn, you must move a number of chairs to the left as what's on the card drawn. People being sat on can't move. Aces are worth 1 and face cards are worth 11, 12, 13 for Jack, Queen, and King respectively.

For Sale

Supplies: paper, pens

Ask each guest to write on the back of their papers an advertisement for their local newspaper, offering an ancient article of furniture in the "For Sale" section. They write "For Sale" at the top, leaving a blank space and then write the advertisement, which should not mention the name of the article. When they have finished the laughter begins. You tell them that they have just described their husbands and wives, or best friend, and they should write his or her name in the blank space and read the advertisement out aloud.

Funny Faces

Have the participants arrange themselves in a circle. An appointed player turns to the person next to him and makes a funny face or assumes a funny posture. That person mimics the gesture, passing it on quickly to the next person, and so on around the circle. When the funny face has completed the circuit, another person begins, until all or as many as possible have had a change to initiate the face-making.

Getting to Know You...Multiple Choice Style

This icebreaker helps students to understand that they are not as different as they may think. This is an active learning activity in which the moderator/teacher/leader reads a series of questions and participants respond by selecting a multiple choice answer. Each corner of the room should be a designated letter. Example statements: If I had to see a movie, I would rather see: (A) Dumb and Dumber (B) Anaconda (C) Star Wars (D) The Little Mermaid; If I could go out to eat, I would eat at: (A) Red Lobster (B) Olive Garden/Pasta House (C) McDonalds (D) Applebees; My favorite thing about myself is: (A) My personality (B) My looks (C) My car (D) My brain; If I had to give up one thing at home, it would be: (A) Air conditioning (B) Television (C) Microwave (D) Computer; If I could hold one of the four jobs listed, I would be: (A) Pilot (B) Webmaster (C) Teacher (D) Doctor.

Grumble, Grumble

This game provides an opportunity for release of tensions. Pair up all participants. Instruct participants to talk simultaneously, sharing any complaints, reservations, resentments, grievances, irritations, or concerns they have on their minds. When one member runs out of issues to disclose, he is then to say, "grumble, grumble" until all participants are done. Call a halt

to the exercise when it is apparent that the negative energy has dissipated and only superficial “grumbling” is present.

Hog Tied

Supplies: Ball of string or yarn

Divide the group into two or three. Have them sit in a circle facing outward. Give each group a ball of string or yarn of equal length. At the signal, the groups are to wrap themselves up securely in the string. The group that finishes first, wins.

Hometown

Supplies: large paper, markers

Post a large outline of your state (or the country) on the wall. Leave border space for those born outside the USA. Have participants put their hometown and first name on the map. Then ask them to share their hometown and how they decided to go to your university.

Horse Racing

Supplies: Dice, chair

In this racing game guests line up at one end of the room. The farthest end is the winning post (marked by a chair, for instance). The guests take turns to throw the dice. Each number turned up represents the amount of shoe lengths they are entitled to step towards the winning post. First guest to reach the winning post marker wins a prize.

Human Scavenger Hunt

Break the large group into smaller groups of about six to twelve people each. Have each group stand or sit together in a place that is separate from the other groups but of equal distance from you - the leader who stands in the middle of the room. Read one item from the list at a time. The team who sends up a person or group of people to you first that fits the description you have just given earns a point. For example, you might say "two people who have the same middle name" and within each group the members must talk, find out if any two have the same middle name, and then quickly send those people up to you. The first group of people with the same middle name to reach you earns a point for their team. You may give a bonus point for different items if it applies - for instance, if a group has three people with the same middle name they may earn a point for this round even if they were not the first group to get to you. The group with the most points at the end of the game wins.

Human Scavenger Hunt List

1. Two people who have the same first and last initial
2. The person in your group who was born the farthest away from here
3. Two people with the same middle name

4. A group of people whose ages add up to 100
5. Two people with the same birthday (or birthday month)
6. A group of people whose shoe sizes add up to 40
7. The person in your group who lives the closest to here
8. A group of people who have attended school for a total of 38 years
9. A group of people who can spell a word by putting together the first letters of their first names
10. A group of three people who all have different colored eyes

Variations: Ask for items such as "a 1982 coin" or "an expired driver's license" or any other items that group members may be able to find in their pockets, purses, wallets, or on themselves. Or add a stunt to each item on the list - for example, "Two people who have the same first and last initial must leap frog up to me".

I'm Going on a Trip

For this activity, the students line up in a circle. Someone starts by saying "I'm going on a trip. My name is _____ and I'm taking _____." (My name is Liz and I'm taking luggage)

You must use your name and an item you are taking that starts with the same letter. Then, the next person adds on: "I'm going on a trip. My name is Frank and I'm taking a flashlight. This is Liz and she is taking luggage." The game continues around the circle or as long as needed.

Instant Stunt

Supplies: paper, pen

As each person enters the room, they receive a slip of paper with a silly stunt described on it. E.g. Stand on a chair, bark like a dog, dance around. When the signal is given, all participants perform their stunts simultaneously. Give them a few minutes to look at one another and laugh.

Introduce Another

Divide the class into pairs. Each person talks about him/herself to the other, sometimes with specific instructions to share a certain piece of information. For example, "The one thing I am particularly proud of is..." After five minutes, the participants introduce the other person to the rest of the class.

Introduce Myself

Participants introduce themselves and tell why they are there. Variations: Participants tell where they first heard about the class, how they became interested in the subject, their occupations, home towns, favorite television programs, or the best book they have read in the last year.

I've Never...But I'd Like to Someday

Supplies: popsicle sticks

For this exercise, the entire group should form a circle and each participant should be given three popsicle sticks. The first person begins by saying "I've Never (insert words), but I'd like to someday." Each person in the group who HAS done that activity should throw a stick into the middle. This continues around the circle as many times as necessary. The goal is for each person to run out of sticks. Examples: I've never _____, but I'd like to someday." Bungee jumped, Make straight A's on a report card, Rode a roller coaster, Been to Disneyland, Traveled outside the U.S., See the ocean

Jump Rope Run

Supplies: Large jump rope

The object of the exercise is for each member of the group to run into the jump rope as it is swinging, jump one time, and run out. The rope is not to stop swinging and it cannot touch the ground without one of the group members jumping. If the rope stops swinging, or if nobody jumps the rope as it touches the ground once the activity has started, the group must start over. Each member of the group can only jump one time, and every member must jump through the rope. The entire team must accomplish the task.

The Line Game

Divide the students into equal groups. You will announce an order that you wish them to line up in, first group to do it and sit in a line on the floor wins a point. Use any of these categories: street addresses (highest in the front - lowest in the back), age, shoe size, birthdays, telephone numbers, middle names in alphabetical order, Mother's first name, etc.

Look Down, Look Up

Divide groups into 10-12 people. Have everyone introduce themselves (maybe 2 times) – knowing names is key to this exercise! Facilitator should announce "LOOK DOWN" and have everyone looking to the ground. When facilitator says "LOOK UP", everyone in the group should pick a person to look at, staring into their eyes and shout that person's name. If your eyes meet, the last person to shout the other person's name is eliminated. Continue playing until there is a winner. By this time, everyone should know everyone's name!

Machine Game

Supplies: index cards, pen

For this team builder, participants get in groups of four to six. The rule is that everyone must participate. Each group will be given a card with the name of a machine. They must group like the machine and once the machine is put together, they may make the sound of the machine. The following are ideas for machines: Stapler, Television Set, Washer/Dryer, Vacuum, VCR, Microwave, Three-hole punch

Marooned

Supplies: flip chart, markers

You are marooned on an island. What five (you can use a different number, such as seven, depending upon the size of each team) items would you have brought with you if you knew there was a chance that you might be stranded. Note that they are only allowed five items per team, not per person. You can have with them write their items on a flip chart and discuss and defend their choices with the whole group. This activity helps them to learn about other's values and problem solving styles and promotes teamwork.

Marshmallow Tower

Supplies: Bag of marshmallows and box of spaghetti noodles for each team.

Divide teams into group (5-7 people works best). Pass out supplies to build a tall tower without speaking to one another. Allow 15 minutes for building and 15 minutes for processing. While the groups are working on their towers, walk around and note behaviors and responses – do not talk to the students. If they ask for clarification of the instructions, simply repeat the instructions – you can even write them on the board if you wish.

Instructions: (say the following and no more) “Work together and do not exclude anyone. You may not talk at all – only work towards accomplishing the goal. Your task is to build the tallest structure you can. You will have 15 minutes to accomplish your goal.”

Maze

Supplies: Masking tape Create a 5x7 box maze out of the masking tape on the ground (35 boxes total).

Map out a path on a piece of paper, not sharing with the group. You don't even need to tell the group where to start and you may have several entrances and dead ends. Read the following directions to the group: In front of you is a maze. The group's goal is to get through the maze without making any mistakes. The pathway out of the maze has already been determined and the facilitators are the only ones who know it. You can only move from the box where you start to a box that shares a common border. The whole group must go throughout the maze one member at a time. If anyone makes a mistake as they travel through the maze, the whole group must start over. When a mistake occurs, the participant must exit the maze (back out) by the pattern that got them there. There is to be NO COMMUNICATING about movement to group members once they are in the maze. It is ok to offer encouragement, but you cannot assist them in the task. Once you have started in the maze, you cannot go back. No maps can be used or created. The group must establish a batting order and stick to it to accomplish the task.

Mosquito, Bass, Bear

This is the ultimate Rock, Paper, Scissors game! Divide participants into 2 groups – each group takes on half of the room. At the far ends of the room are each group's “base”. Before each round of play, the group gets together and decides if they want to be a Mosquito, Bass, or Bear. The

group also selects an alternative in the case of a stalemate. Each group meets in the middle and on the count of 3 role plays their character choice. Bear throw hands up and growl, Mosquito flap wings and buzz, and Bass clap hands (mouth) together and make a fish sound. Mosquito is eaten by Bass, Bass is eaten by Bear, and Mosquito kills Bear by stinging. The group that loses has to race back to their base before being tagged, and if so, are forced to join the other team. The object of the game is for your team to win all people on your side.

Musical Chairs

You know how this one works.

Name the Face

Supplies: Photographs of well-known personalities

Here is a quiz which will keep many guessing. The demonstrator collects a number of cuttings from magazines showing the faces of well-known personalities. Then he/she pastes them on light card and shows them one at a time to the guest, telling them to write down their names. A prize is given to the guest with the most complete list.

Partner TV Commercials

This is a good one-on-one icebreaker. Students should get into groups of two and interview each other. They only get two minutes each. Then, the students have one minute to come up with a quick television commercial advertising their partners. This one takes some creativity! You may wish to give students a guide sheet and/or do an example commercial first.

People to People

An odd number of participants are needed for this game.

Get everyone standing up in a big circle. Have them partner up with someone standing next to them. As the facilitator, stand in the middle of the circle by yourself. You start off by telling them to do three things. (Example: Put your hip to hip, toe to toe, and elbow to elbow). Then you yell "People to People"! At that point everyone must find a new partner to pair up with. The person without the partner goes in the center of the circle and has to come up with three new things.

Photo Scavenger Hunt

Supplies: list of objects

Give each group 30 minutes to find the objects on the list. Rather than retrieving the objects (and having to worry about returning them to their owners), they must take a picture of the object with at least one group member in the picture. This can be done either at school or using the community (if you are in a small town where people know each other well enough). Record the time for each group

Pile of Hats

Supplies: hats

Gather together as many different and unique kinds of hats as you can find and place them in the center of the room. Ask the group members to sit in a circle around the hats and select one member of the group to start. Ask this person to choose the one hat that they feel best represents how they are feeling right now. Allow everyone to take a turn selecting a hat and to explain why they chose the hat that they did. Each person should return his/her hat to the pile when their turn is done so others may select the same hat if they choose. After everyone has chosen a hat, the group may do many rounds of this activity with different instructions. You may ask them to select a hat that represents how they feel when with this group, when with their family, when alone, when at school, when at work, etc. Compare the different "hats" people wear when with different groups.

Portrait of My Job**Supplies:** sketch paper, pens

Give everyone a sketch paper and ask them to draw a picture of their jobs or organizations. Pictures can be of TV shows, sports, or anything that describes their perceptions. Have everyone or volunteers explain their sketch to the rest.

Puzzle**Supplies:** A large poster board/poster/sign, cut into puzzle pieces

Divide the pieces amongst the members of the group. Have each person walk around, introduce themselves to each other, and answer a question chosen by the facilitator as they try to match the puzzle pieces with the other members of the group. Eventually, have everyone form the puzzle on a table, the floor, etc. The goal of this exercise is to show that each member of the group is an important piece of the "puzzle," or group.

Question Ball**Supplies:** beach ball, marker

Purchase a large beach ball and write interesting questions on it. Get the group in a circle and throw the ball to someone. When they catch the ball, they should say their name. Then they have to answer the question that is under one of their thumbs. The participant should read the question to the entire group and then answer the question.

Remember My Name

This is a fun activity for learning names. Put group members in a circle. The first group member introduces himself and gives himself a nickname or you could use a food that starts with the same letter. Then, the group works their way around repeating each nickname along the way. If they mess up, they must start back at the beginning. Variation: Have them think of the first letter of their name and think of an adjective that begins with the same letter that describes them. Then have them think of an action that corresponds to the adjective and their name. Have

one person in the group start with his/her adjective and name, and the actions that go along. The entire group then repeats with the same movements. The second person does the same, and the group repeats name and action for person #2, then #1. Continue for the whole group and repeat the entire circle going as fast as possible.

Ships and Islands

This is a highly energetic activity – very much like Simon Says. It's each student for himself, herself. Your objective is to win the activity by following the captain's commands; it's your responsibility to do whatever the captain says.

Commands:

Ships: Run Left Everyone run left as fast as you can

Islands: Run Right Everyone run right as fast as you can

Captain on Deck: Salute

At Ease: Relax

Seasick: 2 People One person bends over another and is sick

Crow's Nest: 3 People Link arms and run in circles

Slop's served: 4 People Hit the deck and start eating slop on the floor

Walk the Plank: 5 People Single file, hands on shoulders, sing the song of your choosing

Winner is the last person still playing in the game

Sing a Tune

Supplies: paper

Each student receives a slip of paper with a song title on it, with about four or five people receiving the same song. They don't show their song to anybody. Instead, they hum their song, walking around the room trying to find other people humming the same song.

Song Lyrics

Supplies: cd player, cd of songs, paper, pen

Select known songs, perhaps by age group. Select one song for every two guests. Each guest receives several lines of the beginning of a song and has to match the finishing lyrics another guest has.

Stand Up

Sit on the ground with your partner, backs together, feet in front of you, and arms linked. Then try to stand up together. After you succeed add another twosome and try again. Keep adding people until your whole group is trying to stand.

Sticker Stalker

Supplies: stickers

When group members arrive at your program, give each 10 stickers. The object of this game is to get rid of all your stickers by sticking them on the other guests (One sticker per guest). However, if the guest you are “stickering” catches you, he/she gets to stick one of his/her stickers on you. If you are “caught”, you must temporarily take your sticker back, and you can try to sticker that same person later (at your own risk). But if someone falsely accuses you of “stickering” him/her, then you can automatically put one of your stickers on that person. The first one to get rid of all 10 of their original stickers is the winner!

Take as Much as You Think You’ll Need

Supplies: M & M’s, peanuts, a roll of toilet paper, skittles or anything else with lots of pieces (choose one) and small cups.

To begin, the leader passes around the bowl of M & M’s or the roll of toilet paper. Each person is given the instructions to “Take as much as you think you will need.” No further instructions are given until each person has received their M & M’s. Once everyone has some, the first person begins by telling one thing about himself for each M & M or piece of toilet paper they have taken. When the first person has finished, you move on to the next person in the group. As an interesting twist, and to be sure that you find out some different information on each person, you may give each color M & M a different or category. We suggest the following: (example using Skittles) Red; personal information (name, major, school, age) Yellow: Family information (parents, brothers, sisters, pets) Orange: free category – use it to say something fun about yourself or you don’t have to say anything Green: dating experience (favorite date, worst date, significant others) Purple: hobbies, other interests (sports, dancing, talents)

Tall Story

Supplies: paper, pen

Hand out to each guest a folded slip of paper marked on the outside “BIG, BIG SECRET” and inside write “Giraffe.” Tell everyone that each guest has the name of an animal, which they must keep a secret, and that when you mention each animal’s name the appropriate guest must run up to your display and grab the prize (Chocolate) Now tell a story about a visit to the Game Park mentioning the names of the various animals you see as you and your family are driving through. By the time you have mentioned the names of several animals and no guests have got up, they will be worried that they have been left out, and then the next name you mention is the “giraffe” and they all rush to the table together to grab the prize.

Team Getaway

Supplies: index cards, markers

Provide each team with a stack of index cards (different sizes in each stack are best). Challenge each team to be as effective a group as possible by constructing a three-dimensional model of a "getaway retreat" solely from the index cards. Folding and tearing the cards are permitted, but no other supplies can be used for the construction. Encourage teams to plan their retreat before they begin to construct it. Provide marking pens so that the teams can draw on the cards and decorate the getaway as they see fit. Allow at least 15 minutes for the construction. Do not rush or pressure the teams. When the constructions are finished, invite the class to take a tour of the getaway retreats. Visit each construction and request that team members show off their work and explain any intricacies of their house. Applaud each team's accomplishments.

Telephone

As players sit in a circle, someone whispers a message to the person next to him, who in turn repeats it to the next player, and so on around the circle. Each player whispers the message only once. When the message has completed its circuit the last person repeats it aloud for comparison with the original message. The game can be repeated so that as many people as possible can start messages. Variation: The leader whispers two messages, sending one to the right and one to the left.

Throw Away Your Troubles

Supplies: paper, pens, pail or box

Have each person think of a question, problem, or concern. Give everyone a piece of paper and ask them to write their anonymous problem on it. Place a container (a box or pail) in the center of the room and ask them to crumple up their paper and throw it in the container with whatever expression or sound they want.

Thumb Fight

Have everybody pair up and hold hands (fingers into finger hold). Their thumbs should be down by the sides. When you say "ready", they hold their thumbs up touching each other. At the signal, "go", they push each other's thumb and try to knock down their partner's thumb. The one who gets knocked down is out. Play for as long as you want or until only one or a few "winners" are left.

Train Wreck

Supplies: chairs This is a really fun exercise that works best with chairs in a circle, with one less chair than participants (like musical chairs). Everyone should sit in a chair, with one person in the middle. The person in the middle makes a statement that could be true about others in the group such as "you are an only child" or "you have ever been to Europe" or "you attended a high school that required a uniform". Everyone who that statement rings true for must get up out of their chairs and change seats with others who also find that statement true for them. You must

move at least 2 seats over from your own. The last person will stand in the middle and start with a new statement. If the person in the middle can't think of anything within 20 seconds someone in the group yells "Train Wreck" and everyone must switch seats.

True or False

Supplies: paper, pens

Each student should write down three sentences describing himself. For example, "I have attended 11 schools," and "I have an aunt and an uncle both named Laverne," and "I love to vacation in Cancun." The catch is, two of the statements are true and one is false. (Try to guess which one I am lying about!) The students then share their three statements with each other or the entire class (whichever you prefer) and vote on which they think are true and false. The catch here is that the more unusual the information, the harder it will be for the other students to guess. Let them know this, and you are sure to learn some interesting trivia about your new students. 18

What if...?

If you could not fail, what would you like to do? If you had to live your life over, what would you change? If you were to go to live on the moon and could carry only one thing, what would it be? If you could be doing anything you wanted at this time next year, what would it be? You have been granted one hour with the leader of your country. What question will you ask? What advice will you offer? If you had an all-expenses-paid trip to anywhere in the world, where would you go? Why? What would you do if you were to see... a person being robbed? ...a person drowning? ...a house on fire? Get the idea? Now, make your own!

What's In There

Have everyone pull out their wallet or purse and pick two items they store away and explain why they keep them (pictures, tickets, receipts, etc.).

Who Am I?

Supplies: pen, paper, tape

For this activity, put the name of an individual on the back of each participant. The participants must then go around the room trying to guess who they are. They may only ask Yes/No questions.

Variation 1: Famous Pairs You can also use pairs/couples of people. The difference is they would have to find their mate. Can only be used with an even number of people.

Variation 2: Stereotypes Give each member of the group a different identity (without them knowing what that identity is. Have everyone treat each individual as people typically would, without exaggeration. Examples of people could be "Pregnant Single Mother," "HIV Positive," "Student Body President," "Editor for the student newspaper," "Lesbian," "Deaf," or many more.